Ottawa metro

Your essential daily news | THURSDAY, MARCH 16, 2017 High -4°C/Low -14°C Partly cloudy

Russian spies. Millions of hacked Yahoo accounts. And a 22-year-old from Ontario

metroNEWS

STRIKE ROLLING

Cross-border commute gets even more uncertain as Gatineau-transit labour talks break down

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RYAN TUMILTY/METRO

Officer had 'distorted view of his son'

SENTENCING HEARING

Former Mountie convicted of torture suffered PTSD: Doctor

A former Mountie who restrained, tortured and sexually abused his son in the basement of their family home was suffering from post-traumatic stress disorder, a forensic psychiatrist told an Ottawa court Wednesday.

Dr. Helen Ward also told a sentencing hearing the former officer should have known enough to seek treatment for both his PTSD and depression, but didn't because he believed everyone else was wrong except him.

The man, who cannot be identified under a court order aimed at protecting the identity of his son, sat silently in the courtroom as the first full day of testimony in his sentencing hearing got underway.

In November, he was found guilty of aggravated assault, sexual assault causing bodily harm, forcible confinement and failing to provide the necessaries of life.

He was initially arrested in 2013 after the boy was found wandering in a neighbour's back yard in search of water.

Court heard the boy nearly starved to death during his captivity, which left him chained and shackled, often naked, in an unfinished basement.

Ward, who was testifying as a defence witness, said the former officer exhibited "chronic and severe PTSD" while he was undergoing a court-ordered psychiatric evaluation, although she said the symptoms "fluctuated over time."

He was "re-experiencing" behaviours he was subjected to as a child, including flashbacks, expressed hopelessness and at times denied his own actions, Ward testified.

The former officer, who was fired from his job in December after initially being suspended, testified during his trial how he was abused as a young boy, and how he experienced armed conflict while growing up in Lebanon.

Court also heard the man refer to his son as "the devil" as he described how he was concerned he'd grow up to be a sexual predator.

"I think there's a link between what (the officer) experienced (as a young boy) and how he perceived his son," Ward said of the officer Wednesday. "(He) clearly had a distorted view of his son."

But the former counter-terrorism officer also could have sought treatment for his own psychological issues but didn't, she added, linking his behaviour to narcissism.

"I think he believed that he was right" despite what others were telling him, Ward told the court.

Court also heard Wednesday from the boy's maternal aunt, who criticized the justice system and medical professionals for their roles in allowing the abuse to continue. "The internal invisible damage will be with him forever," she said. "Individuals and institutions put in place to help him failed."

THE CANADIAN PRESS

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Donald Trump's Muslim ban put on hold by federal judge in Hawaii. **World**

Setting the standard for zero-waste groceries

FOOD

Valerie Leloup plans to open packaging-free one-stop store

Ryan Tumilty
Metro | Ottawa

Valerie Leloup hopes to open Nu Grocery in Ottawa by the summer. She is finalizing a lease for a downtown location for the zero-waste grocery store that will specialize in bulk items and food sold in re-usable containers. RYAN TUMILTY/METRO

Valerie Leloup is trying to solve a problem that has vexed civilizations for centuries: How do you sell spaghetti sauce in bulk?

This summer Leloup is hoping to launch a new downtown grocery store, named Nu Grocery, that would be a zero-waste establishment. The store would sell items in bulk or in re-usable containers.

"It's a store where you can find almost all of your daily grocery needs, and the primary benefit is that you don't create any packaging waste," Leloup said. "My intention is really to find a solution for every need that we have, so I also want to sell products that are not usually available in bulk."

She is finalizing a lease on downtown space, but there are a lot of hurdles to clear, including sourcing products. She is turning mostly to local suppliers and has found that many of them are receptive to the idea.

Leloup said that the idea for the store came out of her frustration at how difficult it is to avoid food packaging.

"It's quite a selfish project when you think about it, because it comes out of my own struggle to live a zero-waste lifestyle," she said. "I was running around town with my containers trying to find all the products that I needed."

> **It comes out of my own struggle to live a zero-waste lifestyle.**
> Valerie Leloup

Leloup said she knows the store has to be able to cater to families without a lot of time, who won't want to make multiple stops, hence the search for a spaghetti-sauce solution.

"We're in a society where convenience is hugely important, so it has to be convenient," she said.

She expects that the store would also be a cheaper alternative, noting that "the price of the packaging can be 20 or 25 per cent of the product."

Zero-waste won't just be a goal for the customers: the store itself will donate produce and will compost anything that goes bad.

"There is no way I am throwing away food that is still edible."

TRANSPORTATION

Groups want to talk tolls

A coalition of Ottawa groups wants to restart the conversation on road tolls in the city with a panel discussion later this month.

City councillors voted down the notion of a study of tolls for some Ottawa roads earlier this year, but Trevor Haché, with the Healthy Transportation Coalitions said it's time to look at the issue again.

"There are a number of city councillors that don't want this issue to be left in the dust bin," Haché said.

"We want to create a space for the conversation to be had."

The panel discussion at the University of Ottawa on March 28 will include Coun. David Chernushenko and a host of experts.

Haché said if the city were to consider tolls, the money could be reinvested in roads as well as other modes of transportation.

"We would also like to see a certain portion of it used for other things, such as investing more heavily in pedestrian and cycling infrastructure or making transit more affordable," he said.

Earlier this year, Toronto city council proposed road tolls only to have the push turned down by the provincial government.

Haché said it's still worth Ottawa having the discussion, because that was a short-term political decision.

RYAN TUMILTY/METRO

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The hot spots and dead zones

INTERNET

City testing tool shows 'net speeds vary widely by region

If you suspect your "high-speed" Internet service is regularly stuck in a traffic jam, the City of Ottawa and the agency that oversees Canada's .ca registry now have a way to put those suspicions to the test.

The city and the Ottawa-based Canadian Internet Registration Authority joined forces this week to launch the Internet Performance Test. The test measures about 100 variables related to household and business Internet connections, including speed, overall quality of performance and compliance with various standards.

By Wednesday afternoon, more than 18,500 speed tests had been performed across the city. Users in and around the Greenbelt, as well as those in the ByWard Market, West Centretown and the Ledbury / Heron Gate / Ridgemount / Elmwood recorded the highest speeds. Rural communities on Ottawa's outskirts recorded the slowest speeds.

CIRA chief executive Byron Holland said the test precisely calculates real-time Internet speeds, which might not always match those promised by service providers.

"We can't provide the answer to the question, 'Why?'" he says. "But what we do is provide that initial overlay of information that says, 'This is what's happening.'"

> **We can't provide the answer to the question, 'Why?'**
> Byron Holland

The city will use that information to come up with a clearer picture of the overall state of Internet service in the capital. Data on metrics such as speed can be "heat-mapped" to show exactly how different neighbourhoods stack up against each other and where problem areas exist. Network operators can then use that information to try to figure out why Internet users on one street, for example, are getting slower service than households six or eight blocks away.

The city says a more thorough understanding of Ottawa's Internet landscape will allow it to better tailor digital services across the municipality.

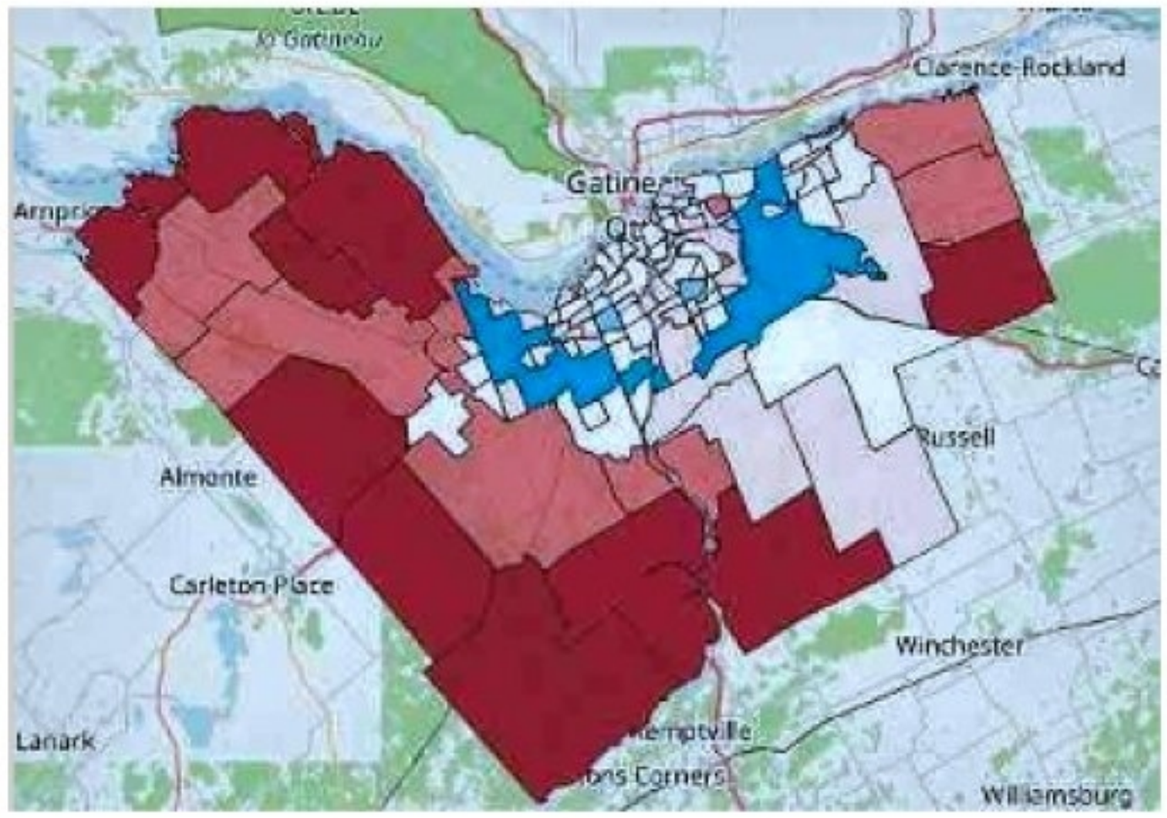
For example, high-bandwidth activities such as video streaming, voice-over-Internet-protocol phone calling and virtual reality exercises might not be possible in regions where Internet connections are weak or unreliable. "Smart city" technology such as traffic management tools also requires a robust Internet infrastructure, and the test will help determine what areas of the city need to be shored up.

City officials said the test will also shed light on whether more investment in broadband infrastructure is needed to attract and retain businesses such as technology firms that gain a competitive edge from better Internet service.

"Like many municipalities in Canada and around the world, Ottawa is embracing the 'Smart City' movement and is looking for ways to better understand access to Internet service throughout the city," Mayor Jim Watson said in a statement.

"Access to high-speed broadband has become the de facto baseline for nearly every community, let alone a hub for high-tech activity and innovation like Ottawa. In addition, we are hoping the IPT will help us gain a better understanding of the actual level of rural connectivity and determine the extent of the digital divide."

DAVID SALI/OTTAWA BUSINESS JOURNAL



This map reveals Internet speeds for the Ottawa region based on results of the Internet Performance Test on the City of Ottawa website. Red indicates less than 25 MBPS; white is at or around 25MBPS; and dark blue represents speeds up to 50MBPS. CONTRIBUTED BY CITY OF OTTAWA

LABOUR UNREST

Rotating strikes on Gatineau transit

Talks between the Gatineau transit authority and workers broke down Wednesday, setting up weekly rotating strikes.

Earlier in the week, the union had promised weekly stoppages, to take place every Thursday, if a deal was not reached.

The union rejected an offer from the STO to settle the dispute at Wednesday's meeting.

Céline Gauthier, a spokesperson for the STO, said management was assuming there would be no service on Thursday, but as of press time the union had not specified what the strike action would entail.

"They didn't give us any details, but now we are asking riders to go on our website to keep informed of the evolution of this situation," she said.

STO drivers and mechanics had been working to rule since Jan. 20, refusing overtime hours and reporting buses for repairs, both of which combined to create a maintenance backlog.

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Procrastinators unite ... later

BOOK

Putting things off not a sign of laziness, author argues

David Sali
Ottawa Business Journal

Nancy Morris has written a new book on procrastination at work. MARK HOLLERON/OTTAWA BUSINESS JOURNAL

Last week was National Procrastination Week, but if you never quite got around to celebrating it, don't worry — you're probably not alone.

After all, everybody procrastinates. Study after study proves that putting off important tasks is as much a part of Canadians' daily lives as breathing, eating and sleeping.

When it comes to business, however, that hesitation and indecision have a hefty price tag.

Nancy Morris, an Ottawa-based management consultant with a master's degree in psychology, says the average employee spends anywhere from 10-20 per cent of his workday gossiping with colleagues, surfing the Internet or doing any number of other things to avoid tackling assignments they don't really want to work on.

But after 25 years of studying workplace behaviour, Morris has come to a conclusion that flies in the face of everything we've been told since childhood: Procrastination is actually a good thing.

"People are feeling bad about themselves unnecessarily, and that bothers me a great deal," she says. "If (procrastination) was just something that if we did a few tips we could get rid of, then we would've done so by now. It's there, and you're not going to be able to get rid of it."

The Alberta native has written a new book entitled Procrastinate Now: Rethinking Time Management. In it, she argues procrastination is a mark of intelligence and "a tool for creating success."

Most of us, she says, have been socialized to believe that procrastination is a sign of laziness – an idea she completely dismisses.

"It's not the case at all," she says. "It is your sixth sense telling you that something's not quite right for you. If we keep trying to stop procrastination, then we're really sort of running up the wrong hill. It's a useless waste of time to avoid something you're going to do innately."

Procrastination is our brain's way of signalling that something about a task scares or confuses us, she says, just as a fever is our body's response to an infection. Once people understand that, Morris says, they begin to embrace their inner procrastinator and examine why they are avoiding certain behaviours.

"I can see the faces change and become more relaxed," she says of audience reactions when she presents her findings at seminars. "It's almost like they're hearing something they sort of know deep inside, that I am procrastinating because I am afraid of something or I'm concerned about something. I'm putting a voice to that – I'm labelling it for them."

The central tenet of Moore's book is a concept called "eating the frog." Named after a quote from Mark Twain, it's a method of overcoming our dread of unpleasant tasks – the kind we tend to avoid all day – by tackling them head-on the moment we arrive at our desks. The book also contains more than 100 exercises readers can use to help them make the most of their time.

"If we just charge through it in 15 minutes first thing every morning, we're changing the perspective of (tasks we avoid)," she argues. "That's really important if you want to build up somebody's confidence. Rather than spending a whole day creatively avoiding the frog, now we get to creatively use our brains to solve other problems and create new business results."

Morris has taught the "eat the frog" concept to dozens of organizations around the world. She says once people see its results, they almost universally buy into it – and actually have fun with it.

Clients have even emailed her photos of plastic frogs they use to identify particularly vexing challenges such as unfinished reports.

"People love identifying what that frog is," Morris says. "People just get it because it's simple. It's like, 'Oh, I can do this.' You give somebody too complicated a system and they're not going to use it."

In her seminars, she encourages managers to help their employees understand why they procrastinate. Bosses need to realize it is normal behaviour and work with staff to find its underlying causes rather than make employees feel bad for putting things off.

"Business psychology 101 is not usually a course for managers," she says with a chuckle. "One of the reasons we procrastinate is because we fear being judged. If you're a manager who either directly or indirectly judges people, they know it. Your own behaviour as a manager can be getting in the way of somebody being productive."

Procrastinate Now: Rethinking Time Management is available for free on Morris's website at nancymorris.com.

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Taking throwback selfies circa 1867

Canada 150 Fashion

Historian eyes retro mobile photo booth

Haley Ritchie
Metro | Ottawa

Lace up your corset — it's time to snap a mid-19th-century selfie.

Ottawa resident Jennifer Rosenthal is converting a trailer into a portrait studio and wardrobe on wheels, where people can model her hand-sewn circa-1867 costumes.

"We'll let people get dressed up in costume and take their portrait ... just as a fun souvenir of Canada's anniversary," she said.

Last month she won a grant from the Awesome Ottawa Foundation for her idea, the Retro Photos project. The money from the foundation, which gives grants to ideas that, in the opinion of its jury, meet the simple requirement of being awesome, is going towards the trailer, which Rosenthal will pull behind her car.

Rosenthal has taught fashion history, worked in museums and designed costumes for film. She decided to combine her interests into a project for Canada's 150th birthday, in hopes that the portrait studio will make appearances at museums and historic houses as part of the program of the sesquicentennial festivities.

> **The idea is to give people an idea of what it was like back then.**
> Jennifer Rosenthal

"The idea is also to be educational, just to give people an idea of what it was like back then," she said. "Having a photo of yourself today is not uncommon, but (in 1867) people may have only been photographed once in their entire lifetime, only if they were fortunate enough to have enough money to get it done.

"The reason people have those serious poses is because it took half an hour for the camera to expose the picture."

Rosenthal will use a digital camera housed in a period-appropriate casing to shoot her instant exposures.

Most of the costumes she's working on will be open at the back, allowing for a variety of people to wear them without individual sizing.

"It just seemed like a fun thing to do. I thought, 'Well, I know a lot about this stuff, I find it interesting, so why not put something together that other people can enjoy, too.'"

Jennifer Rosenthal models one of her homemade circa-1867 costumes available to wear for photographs in her mobile retro photo booth. HALEY RITCHIE/METRO

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Karim Baratov, a Canadian man of Kazakh origins, has been arrested as one of four suspects in a massive hack of Yahoo emails, Toronto police said. INSTAGRAM

One Canadian, three Russians and Yahoo

LEGAL

Young man allegedly paid to access hacked accounts

A 22-year-old Kazakh-Canadian man with expensive taste is facing charges of identity theft and conspiracy to commit computer fraud in connection with one of the biggest data breaches ever — the theft of 500 million Yahoo user accounts in early 2014.

Karim Baratov, a dual national of Kazakhstan and Canada, was arrested on Tuesday morning at his home in Ancaster, Ont. by Toronto Police and handed over to the RCMP, according to police spokesperson Mark Pugash.

Baratov is accused of being paid by two Russian spies to break into the email accounts of targeted individuals, according to a release from the U.S. Department of Justice.

The two members of the Russian intelligence agency FSB, Dmitry Dokuchaev, 33, and Igor Sushchin, 43, and Russian hacker Aleksey Belan, 29, who was on the FBI's most wanted cyber criminals list and has been previously indicted twice for computer fraud, are facing more serious charges of criminal espionage, computer hacking and conspiracy-related offences after being indicted along with Baratov by a grand jury in northern California at the end of February.

The stolen information from the Yahoo hack was used to break into the email accounts of Russian journalists, U.S. and Russian government officials and employees in private-sector companies, according to the Justice Department release. Belan allegedly used the access to the 500 million email accounts for "personal financial gain."

Baratov's alleged involvement in the hacking conspiracy between January 2014 and December 2016 is detailed in an indictment filed with a San Francisco court. None of the charges have been proven in court.

Carmelo Truscello, who answered the phone at the office of Baratov's lawyer Amadeo DiCarlo, said that the case is only at its initial stage and that the allegations are unproven.

When a target of interest had an email account other than a Yahoo one, Dokuchaev and Sushchin would assign Baratov to gain access to it, according to the indictment.

Among the targeted individuals were the former Minister of Development of a country bordering Russia and his wife, the assistant to the Deputy Chairman of the Russian Federation, employees of a major Russian cybersecurity firm, Russian officials including one who worked in the bureau that investigates cybercrime, the CEO of a metals mining company in a country bordering Russia, prominent bankers in countries bordering Russia and an International Monetary Fund official.

TORSTAR NEWS SERVICE

DETAILS

- **Baratov was allegedly paid to obtain unauthorized access** to more than 80 email accounts, including 50 Google accounts. He generally charged about $100 (USD) per account and was paid at least $1,000 in "money and other things of value" between April 2015 and 2016, according to the indictment.
- **If he is convicted, prosecutors will seek a forfeiture order** for Baratov's PayPal account and the fancy cars he was well-known for in Ancaster – a grey Aston Martin DBS with the licence plate "MR KARIM" and a black Mercedes Benz.

HEALTH

Immigrants have 60% lower mortality rate

Immigrants are 60 per cent less likely to die during a given time period than native-born Canadians and long-term residents, says a study that examines mortality rates based on immigration and socioeconomic status.

According to the joint study by the Institute for Clinical Evaluative Sciences and the University of Toronto, immigrants had a much lower death rate than non-immigrants, even if they happen to live in the most deprived areas in the province.

The mortality rate, or death rate, is a measure of the number of deaths in the population, typically indicated in units of deaths per 1,000 people over a specific time frame. Immigrants' lower mortality rate translated into 42,700 fewer deaths overall and 18,400 fewer premature deaths during the study period from 2002 to 2012, the study said.

"We were surprised by the magnitude of the difference. It's big and substantial," said UofT epidemiologist Laura Rosella, the lead author of the research paper.

Based on multiple population and demographic databases, as well as census results and immigration records, the study examined the mortality rates across the socioeconomic spectrum among immigrants, native-born Canadians and long-term residents who came here before 1985.

There were 934,765 deaths registered in Ontario during the study period, including 19,501 deaths among female immigrants and 20,514 deaths among male immigrants.

"Immigrants have lower mortality in everywhere we look at. Even when they are in lower socioeconomic status, they are still healthier," Rosella said. She attributed this partially to what's known as the "healthy immigrant effect," a trend where newcomers to Canada are healthier than the Canadian population, though over time, their health as well as that of their children declines. TORSTAR NEWS SERVICE

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Banking practices probed

FINANCE

Employees say customers are being pressured

Ottawa has launched an investigation into the business practices of Canada's financial institutions after allegations that big banks have been pressuring and even "tricking" customers into buying their products and services.

The Financial Consumer Agency of Canada — an independent government agency that enforces consumer protection legislation — announced Wednesday that it will launch a review of business practices in the federally regulated financial sector in April.

In a statement, FCAC commissioner Lucie Tedesco expressed concern with recent allegations related to the sale of products and services by financial institutions to consumers without properly obtaining their prior express consent.

The CBC recently reported that it's been flooded with stories from employees of all five of Canada's big banks about "how they feel pressured to upsell, trick and even lie to customers to meet unrealistic sales targets and keep their jobs."

In a CBC program aired last week, TD employees spoke out about feeling "incredible pressure" to meet "unrealistic" sales targets by signing customers up for unnecessary financial products.
TORSTAR NEWS SERVICE

The news has fuelled calls for a parliamentary inquiry. The banks have responded in recent statements that they are acting in the best interests of their customers. The banks look forward to co-operating with the agency's review, said Terry Campbell, president of the Canadian Bankers Association.

In the first CBC program on the issue aired last week, three TD employees spoke out about feeling "incredible pressure" to meet "unrealistic" sales targets by signing customers up for unnecessary financial products.

CBC followed with another story after it received almost 1,000 emails from employees of the five banks across the country that described "the pressures to hit targets that are monitored weekly, daily and in some cases hourly," according to an article on the network's website.

Edward Jones analyst Jim Shanahan likened the situation to similar allegations facing Wells Fargo last year. In that case, the U.S. bank issued an apology and paid large penalties after regulators concluded that its employees had opened millions of unauthorized accounts and credit cards on behalf of clients.

"I can't remember ever hearing of anything of this magnitude happening in Canada," Shanahan told The Canadian Press. "It hasn't reached scandal proportions yet, but it's certainly blowing up."

Shanahan said banks are feeling intense pressure from investors to continue growing their earnings and profitability in spite of headwinds such as rock bottom interest rates and higher capital requirements. That pressure trickles down to executives and, ultimately, customer-facing sales representatives, Shanahan said.

"I don't think we've heard the worst of this yet. This is going to probably get a lot worse before it gets better."

TORSTAR NEWS SERVICE

HOUSEHOLDS

Debt hits another record

The amount Canadians owe compared with how much they earn hit another record high last year.

Statistics Canada said the amount of household credit market debt rose to 167.3 per cent of adjusted household disposable income in the fourth quarter, up from 166.8 per cent in the third quarter.

That means there was $1.67 in credit market debt for every dollar of adjusted household disposable income.

"After slowing to a stable year-over-year pace by late-2013, growth in this debt ratio has since accelerated again alongside torrid gains in the Vancouver and Toronto housing markets," said Robert Kavcic, BMO Capital Markets senior economist.

Fuelled by mortgages and low interest rates, household debt has been climbing steadily in recent years. Policy-makers have raised concerns about household debt and see it as a key risk to the economy.

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Dutch reject far-right party

VOTE

PM Mark Rutte beat anti-Islam leader Geert Wilders

Dutch Prime Minister Mark Rutte on Wednesday claimed a dominating parliamentary election victory over anti-Islam lawmaker Geert Wilders, who failed the year's first litmus test for populism in Europe.

The Netherlands' main exit poll suggested Rutte's party won 31 seats in the 150-member legislature, 12 more than Wilders' party, which shared second place with two other parties.

Following Britain's vote to leave the European Union and Donald Trump's election as U.S. president, "the Netherlands said, 'Whoa! Stop!' to the wrong kind of populism," said Rutte, who is now poised for a third term as prime minister.

"We want to stick to the course we have — safe and stable and prosperous," he added.

Wilders had insisted that whatever the result of the election, the kind of populist politics he and others in Europe represent aren't going away.

"Rutte has not seen the back of me!!" Wilders said in a Twitter message after the exit poll results had sunk in.

Both France and Germany have elections this year in which far-right candidates and parties are hoping to make an impact.

"Wilders could not win the election," German socialist leader Martin Schulz tweeted. "I am relieved, but we need to continue to fight for an open and Free Europe."

Rutte, who for much of the campaign appeared to be racing to keep pace with Wilders, may have profited from the hard line he drew in a diplomatic standoff with Turkey over the past week.

The fight erupted over the Netherlands' refusal to let two Turkish government ministers address rallies in Rotterdam about a referendum that could give Turkey's President Recep Tayyip Erdogan more powers. It gave Rutte an opportunity to refuse to bow to foreign pressure, a stance with widespread backing in the nation.

Amsterdam Free University political scientist Andre Krouwel said the clash with Ankara allowed Rutte to tell the electorate, "'We are the ones who really protect your interests; we are the ones who go down into the trenches to defend the Netherlands.'"

Under brilliant skies, the Dutch went to vote in huge numbers, with turnout estimated to have reached at 82 per cent.

In a subplot of the elections, the Ipsos exit poll had the Green Left party registering a historic victory, turning it into the largest party on the left wing of Dutch politics for the first time.

The Greens leapt from four seats to 16 in parliament after a strong campaign by charismatic leader Jesse Klaver, who invites comparisons to Canadian Prime Minister Justin Trudeau, according to the exit poll.

"This is a fantastic result for us, a historic victory," Green Left chairwoman Marjolein Meijer said. It remains to be seen if the 30-year-old Klaver will take his party into the next ruling coalition, which looks likely to be dominated by Rutte's VVD and other right-leaning parties.

THE ASSOCIATED PRESS

People wait in line to vote in the Dutch general elections in The Hague on Thursday. GETTY IMAGES

ELECTIONS

Dutch vote is only the first step

The Dutch vote is likely to resonate across borders, even though local campaign issues differ. Here's a look at Europe's upcoming electoral battlegrounds:

FRANCE

French far-right leader Marine Le Pen has set the tone for the campaign for France's election with her anti-immigrant and anti-globalization program.

Le Pen argues that Muslim immigration and economic globalization are destroying France's identity, and polls suggest she could advance to the second round of France's election, set for April 23 and May 7.

GERMANY

German Chancellor Angela Merkel, seen abroad as a bulwark of tolerance, is seeking re-election in September.

Committed to European unity, Merkel's conservatives face a challenge from the nationalist Alternative for Germany party. But the party, known as AfD, has lost lustre amid infighting and other scandals, and as the migrant influx that helped drive their rise has slowed.

Merkel's biggest threat is from the resurgent centre-left Social Democrats under former European Parliament chief Martin Schulz. Schulz is also committed to European unity; so far, he has focused his pitch on tackling economic injustices at home.

ITALY

Italy is facing a national parliamentary election in 2018 unless anti-establishment parties succeed in getting earlier polling, after pro-EU Premier Matteo Renzi resigned following the failure of a reforms referendum in December. With Italy's economy failing to rebound for years, opinion polls show the populist 5-Star Movement, led by satirical comic Beppe Grillo, is consolidating gains over the ruling Democratic Party and its allies.

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EXECUTIVE ORDER

Federal judge in Hawaii puts Trump travel ban on hold

Hours before it was to take effect, President Donald Trump's revised travel ban was put on hold Wednesday by a federal judge in Hawaii after hearing arguments that the executive order discriminates on the basis of nationality.

The ruling came as opponents renewed their legal challenges across the country, asking judges in three states to block the executive order that targets people from six predominantly Muslim countries.

More than half a dozen states are trying to stop the ban, and federal courts in Maryland, Washington state and Hawaii heard arguments about whether it should be put into practice early Thursday.

U.S. District Court Judge Derrick Watson's decision prevents the executive order from going into effect, at least for now. Hawaii had requested a temporary restraining order.

Hawaii also argued that the ban would prevent residents from receiving visits from relatives in the six countries covered by the order. The state says the ban would harm its tourism industry and the ability to recruit foreign students and workers.

In Maryland, attorneys told a federal judge that the measure still discriminates against Muslims.

Government attorneys argued that the ban was revised substantially to address legal concerns, including the removal of an exemption for religious minorities from the affected countries.

"It doesn't say anything about religion. It doesn't draw any religious distinctions," said Jeffrey Wall, who argued for the Justice Department.

Attorneys for the ACLU and other groups said that Trump's statements on the campaign trail and statements from his advisers since he took office make clear that the intent of the ban is to ban Muslims. Trump policy adviser Stephen Miller has said the revised order was designed to have "the same basic policy outcome" as the first.

The new version of the ban details more of a national security rationale. It is narrower and eases some concerns about violating the due-process rights of travellers.

It applies only to new visas from Somalia, Iran, Syria, Sudan, Libya and Yemen and temporarily shuts down the U.S. refugee program. It does not apply to travellers who already have visas.

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> **Fantastic news. It's very exciting. At this point it's a team effort.**
> Bob Ferguson, Washington state AG

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Syrian capital rocked by suicide bombings

CIVIL WAR

At least 30 killed in latest attacks on government-controlled areas

Suicide bombers hit the main judicial building and a restaurant in Damascus Wednesday, killing at least 30 people and spreading fear across Syria's capital as the country's civil war entered its seventh year with no end in sight.

The attacks reflect a renewed effort by militants to use insurgent tactics against President Bashar Assad's forces in a bid to recover lost momentum.

The first attacker, reportedly dressed in a military uniform, struck inside the Justice Palace, located near the famous and crowded Hamidiyeh market. The explosion left bodies lying amid pools of blood and shattered glass in the building's main hall, where a picture of President Bashar Assad hung on one of the walls.

The official news agency, SANA, said another suicide explosion about an hour later struck a restaurant in the Rabweh district of Damascus, an area known for its restaurants and cafés, leading to multiple casualties, mostly women and children. Syrian TV showed overturned plastic chairs and tables at the restaurant with bloodstains on the floor.

The Ikhbariyeh TV channel said the attacker was being chased by security agents when he ran into a restaurant and detonated his explosives' vest there.

The bombings were the latest in a spate of deadly explosions and suicide attacks targeting government-controlled areas in Syria and its capital. There was no immediate claim of responsibility for either attack, but other, similar attacks in recent weeks were claimed by al-Qaida's affiliate in Syria, which has come under pressure lately amid infighting with other insurgent factions in Syria and airstrikes by the U.S.-led coalition.

The al-Qaida branch in Syria, The Levant Liberation Committee, denied responsibility for the attacks late Wednesday. In a statement released on its Telegram channel, it said that its targets are restricted to security and military installations.

The attacks came as Syrians mark the sixth anniversary of the country's civil war, which has killed more than 400,000 people and displaced millions of others. The conflict began in March 2011 as a popular uprising against Assad's rule but quickly descended into a full-blown civil war that has left large parts of the country in ruins. The chaos allowed al-Qaida and later Daesh to gain a foothold in the war-torn nation.

Geert Cappelaere, UNICEF regional director for the Middle East and North Africa, told The Associated Press Wednesday following a three-day trip to Syria that what he has seen is "unprecedented," even in comparison to conflict zones like Yemen, Sudan, Sierra Leone and Rwanda.

THE ASSOCIATED PRESS

> "I have never seen a level of destruction so big as I have been seeing over the last few days."
> UNICEF's Geert Cappelaere

Syrian security forces gather in front of the main judicial building that was attacked by a suicide bomber in Damascus on Wednesday. SANA/THE ASSOCIATED PRESS

What's next in Brexit

Britain's Parliament has told Prime Minister Theresa May she can file for divorce from the European Union. She will send the formal letter by the end of March. Then comes the hard part — the arguments, the lawyers, the squabbles over money.

Here's a look at the main issues and what happens next.

What is the EU and why is Britain leaving?

The EU is a bloc of 28 nations sharing relatively open borders, a single market in goods and services and — for 19 nations — a single currency, the euro. Britain joined in 1973 but has been a somewhat reluctant member, with euroskeptic politicians and journalists regularly railing against regulations imposed by EU headquarters in Brussels.

Former Prime Minister David Cameron offered voters a referendum on EU membership, and in June they voted by 52-48 per cent to leave.

How does Britain file for divorce?

A bill passed by Parliament late Monday authorizes the British government to invoke Article 50 of the EU's Lisbon Treaty, which says a member state may "notify the European Council of its intention" to leave the bloc.

Later this month, May is expected to send the notification in a letter to Council President Donald Tusk and then announce the news, probably to Parliament. That sets a clock ticking: Article 50 says that two years from the moment of notification, "the Treaties shall cease to apply" and Britain will no longer be an EU member.

Whose move is it now?

The EU's. Tusk says that that once EU officials get Britain's notification, they will respond within 48 hours, offering draft negotiating guidelines for the 27 remaining member states to consider. Leaders of the 27 nations will then meet in April or May to finalize their negotiating platform.

Who conducts the talks?

On the British side, U.K. Brexit Secretary David Davis will take the lead, reporting to May. On the EU side, it's complicated. As Britain's Institute for Government recently pointed out, "the U.K. is negotiating with 27 member states, not a unified bloc." French diplomat Michel Barnier is the chief negotiator for the European Commission, the bloc's executive arm. He'll receive direction from the Council, which represents the leaders of the member states.

What is the most pressing issue?

Britain's vote to leave the EU has meant uncertainty for three million EU citizens living in the U.K., and one million Britons who reside in the 27 other nations of the bloc. Both sides agree that giving such citizens a guarantee that they will be able to stay where they are is a top priority.

What will be the main conflicts?

The first major battle is likely to be about money. The EU says Britain must pay a hefty divorce bill of up to 60 billion euros, to cover EU staff pensions and other expenses the U.K. has committed to. Britain hasn't ruled out a payment, but is sure to quibble over the size of the tab.

There's also likely to be friction over Britain's desire to maintain free trade in goods and services with the bloc, without accepting the EU's core principle of free movement of workers.

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New episode March 17 featuring Scaachi Koul and Navneet Alang

CHANTAL HÉBERT ON ALBERTA'S ABSENCE

The West fuelled the national conservative movement for decades. But no Albertans have a shot at federal leadership, so Tories are putting their hopes in the provinces.

Deepak Obhrai is the lone Albertan in the pack of 14 Conservative Party leadership candidates. THE CANADIAN PRESS

For more than 20 years, a politician from Alberta has held the leading position on one side or the other in the House of Commons. That unbroken spell will come to a halt when the federal Conservatives pick a permanent successor to Stephen Harper next May.

The conspicuous absence of an Alberta candidate in the top-tier of the crowded federal leadership field is one of the striking features of the ongoing battle for the Conservative crown.

Among the 14 candidates only Deepak Obhrai hails from the province. The longest-serving MP in Parliament is not expected to make it out of the lower tier of the pack on the Conservatives' preferential ballot.

The province's absence is conspicuous because while the party, under Harper, extended its wings in Central Canada, much of the intellectual energy that has fuelled the conservative movement over the past two decades has come from the West and in particular from Alberta.

In different ways, Ralph Klein, Preston Manning and Harper himself all had a hand at changing some of the terms of the national conversation.

If only for that reason, it is as hard to fathom a federal Conservative leadership contest that does not feature a strong Alberta contender as it is to imagine a Liberal line-up that did not boast at least one leading aspirant from Quebec.

Yet in this campaign, Saskatchewan's Andrew Scheer is the only candidate that can be described as having a serious shot at keeping the federal leadership torch in Western Canadian hands.

But to travel to Alberta as the campaign for Harper's succession enters the last stretch is also to be reminded that the battle between some of the former prime minister's presumptive heirs for the moral leadership of the Canadian right is not limited to the federal front.

Indeed, in Alberta as in Ontario, the federal front may be a secondary one.

On Saturday, Alberta's Progressive Conservatives will select a permanent replacement for the late Jim Prentice. By all accounts the result is a foregone conclusion. Former immigration minister Jason Kenney's widely expected leadership victory is only the first step on the path to reconciling the province's feuding conservative clans.

Next on the agenda is the negotiation of a mutually agreeable arrangement between the Wildrose party and the Tories and another leadership round between their respective leaders.

Kenney would like to replicate Harper's winning federal formula and take the helm of a reunited provincial party. Wildrose leader Brian Jean whose party is the official opposition in Edmonton is not inclined to hand the provincial reins to his former federal colleague without a fight.

A Mainstreet poll published this week reported that there would be room in that future contest for a compromise candidate liable to squeeze past Kenney and Jean.

On that score, a name that keeps coming up is that of Rona Ambrose. She will relinquish her position as interim leader once a permanent successor to Harper is chosen.

Conservative insiders say they would not be surprised if she left the federal arena before the House reopens next fall.

As official opposition leader since the last election, Ambrose has had a good run. If she decided to run provincially, she would not lack for support. Whether she wants to take on Kenney and Jean is anybody's guess at this juncture. It is also not a given that she would win.

But there is no doubt that the leadership of a united Alberta conservative party looks like a more attractive prize than Harper's succession.

With premier Rachel Notley's New Democrats languishing in third place in voting intentions, the provincial Conservatives can see a path back to power in Edmonton sooner rather than later.

The same is not true of their federal cousins. Their leadership campaign has been plagued by doubts as to whether any of the candidates has a shot at stopping Justin Trudeau from securing a second mandate or even at hanging on to the party's current seats.

By the time he left office, Harper towered over Canada's Conservative movement. But with conservatives in power in Manitoba and Saskatchewan and the conservative opposition leading in the polls in Ontario and Alberta, whoever succeeds the former prime minister will have to earn his or her moral authority on the Canadian right the hard way.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

Women have enough to do, we can't fix wage inequality alone, too

Vicky Mochama
Metro

If you're a young woman or a woman of colour, you're apparently never supposed to ask about money for work you do.

The Winnipeg-based food delivery company Skip the Dishes got into trouble when a prospective employee shared emails showing the company had cancelled her second interview after she asked about pay and benefits. The interviewee, Taylor Byrnes, actually apologized at the same time she asked, saying, "Sorry, I just thought I should ask now." (The company has since apologized and offered Byrnes the second interview.)

It's not just entry-level office jobs that don't want to pay women for their labour.

The Next Web, a tech conference held in Amsterdam this year, sent out offers for speakers including Luvvie Ajayi, a New York Times best-selling author whose book is being turned into a TV show by Shonda "I Own Primetime TV" Rhimes. Ajayi's speaking agent was told that the conference, which nets millions in sponsorships, didn't have a budget for speakers.

If she could just bounce over to Amsterdam for free, that'd be great. Ajayi turned them down.

Being a working woman is exhausting for many reasons: tights are a scam invented by Big Pantyhose, having to hold back screams when men say your own ideas back to you and well, that whole sexual harassment thing.

But one of the most exhausting things, aside from the actual work itself, is knowing that money you've earned is being kept from you.

In Byrnes' case, the company initially said that even asking about money "at such an early stage" showed that her "priorities are not in sync with those of SkipTheDishes."

In the Lean In school feminism, women are told that they're not asking for enough money (we're not), and that there's some magical combination of ways to ask successfully. The reality is that by attrition and by opacity, women are not being compensated for their labour.

We see this most starkly in industries that are most often dominated by women like nursing, caregiving, and retail. Women also make up a majority of part-time and low-income work.

It should not just be on women to do the asking, but also on companies to offer. Income transparency is one way to put a little more equity into the workforce. Three Nordic countries — Norway, Sweden and Finland — all have a version of income transparency that allows citizens to see each other's tax records. You want to know what your colleague makes? Google it, *then* negotiate.

Along with other public policy fixes such as non-transferable paid paternity leave (dads must pay their dues in the diaper mines), and gender quotas in public institutions, women in the Nordic countries are much less likely to be shortchanged for their work.

The work that women do is invaluable, but that doesn't mean it's not worth paying for.

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Sesame Street is on chopping block as Donald Trump threatens cuts to public broadcasters

SUSTAINABILITY WITH STYLE HOW TO LIVE A BIODEGRADABLE LIFE

We often lament about how nothing lasts anymore. But for a new wave of biodegradable home-related items, breaking down is a good thing. "There is a pull towards being more sustainable from designers and artists, which is now gaining momentum and becoming more fashionable," says designer Spencer Jenkins, who makes furniture and sculptures that are woven, carved or steamed from wood and willow. "This needs to happen if the world as a whole is to survive." We rounded up stylish products that can be enjoyed guilt-free. TORSTAR NEWS SERVICE

MILLENNIALS LEADING CHARGE

A 2015 Nielson survey found nearly three out of four millennials say sustainability is a shopping priority.

1 Wrap and wash guilt-free

Trust the Swedes to design a **dishcloth that is not only stylish, but also 100 per cent biodegradable**. According to Marie Kanwischer, owner of SwedeThings, the Swedish dishcloth is nothing new: "These have been a household staple for over 60 years back home." Made of cellulose and cotton, the cloths are machine washable. **$7, Swedethings.ca**. Toni Desrosiers is the queen bee behind Abeego, an all-natural **food wrap made of hemp and cotton fabric** that has been coated with a combination of beeswax, tree resin and jojoba oil. It can be used to wrap food or cover a bowl. **$15 to $18, abeego.com**.

2 Brush off your plastic worries with bamboo

That plastic toothbrush sitting in your bathroom is dirty, ending up in landfills, or even worse: washing up on beaches, according to toothbrush maker Brush with Bamboo. Have a clean conscience and opt for a plant-based, **bamboo toothbrush**. BPA-free, vegan, verified non-toxic and biodegradable. **$6 Ecoexistence.ca**.

4 Sit back, relax on some flax

Christien Meindertsma's **flax chair** will soon be available in Canada, says a spokesperson for Label-Breed. The chair is made from flax fibres combined with PLA (polylactic acid made from sugarcane and corn starch). **$681, thomaseyck.com**.

4 Weaving willow wonders

U.K. artist Spencer Jenkins creates modern **furniture and sculptures with traditional materials such as willow**. His creations range from bespoke furniture, wall and garden sculptures to the massive willow arches he created as lead artist to celebrate the Queen's 60th Jubilee Celebrations in 2012. You can commission your own willow creation from Jenkins, who is happy to ship across the pond. **Norfolk Pebble chair, $9,799; Wall sculptures, $816 to $1143, spencerjenkins.co.uk.**

5 Throwing shade at waste

Maria Fiter of Crea-re designs eco-friendly lighting with papier-mâché to create **paper lamps** using old newspapers. Fiter's Pluto lamp was inspired by the Solar System. Each lamp is handmade. **$334, ekohunters.com**.

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INTERVIEW

Eden Robinson unveils a most unlikely hero in new novel

A heroic stoner with burning will to belong

ISTOCK

A weed cookie-dealing stoner teen may not seem like your typical hero, but the fictional high school burnout proves he's got plenty of heart in Eden Robinson's Son of a Trickster.

The coming of age novel is the first in a decade for the acclaimed writer, who grew up in Haisla territory near Kitamaat Village, B.C. Her last fiction title, Blood Sports, was published in 2006.

Son of a Trickster offers an offbeat mix of humour and heartbreak in what Robinson describes as a "screwball gothic."

The story centres on 16-year-old Jared, who is shouldering burdens most kids his age couldn't fathom.

After his parents divorce, his mom, Maggie, is struggling to pay the mortgage and keeping company with a drug-dealing boyfriend. There's also the matter of tending to his ailing dad, Phil, and helping his stepsister, Destiny, with her little one.

While trying to support his family, Jared also makes time to help his elderly neighbours, Mr. and Mrs. Jaks, who cared for him while his mother was in anger management.

"(With) the earliest versions of him, what always came through was his sense of wanting to belong to a family, and creating families when he didn't have any, and not wanting to let go of any of his connections. So he would do a lot of keep them," said Robinson, whose debut novel Monkey Beach was shortlisted for the Scotiabank Giller Prize and the Governor General's Literary Award.

"Another part of the origin of the novel was when you're living in the small company towns you see how precarious employment can be," she added. "When everyone around you loses their job, and it's not just your family, it's your community that's kind of being shuttered when a big company closes.

> **He's a very transgressive character. So his stories are always funny, crazy, earthy.**
> Eden Robinson

"I just wanted to explore that in fiction because I don't think it's a story that's told a lot; and if it is told, it's told in passing, it's not given as much weight."

Jared maintains a loving relationship with his paternal grandmother, Nana Sophia. He receives a far chillier reception from his maternal grandmother, Anita Moody, who brands him a Wee'git, or "trickster."

While skeptical of the label, he starts to think twice when ravens start speaking to him, and he encounters elements in the supernatural world even when he's not under the influence.

Robinson's mother is Heiltsuk, but the indigenous author grew up in her Haisla dad's community where it was common for grownups to gather around the kitchen table sharing Wee'git stories.

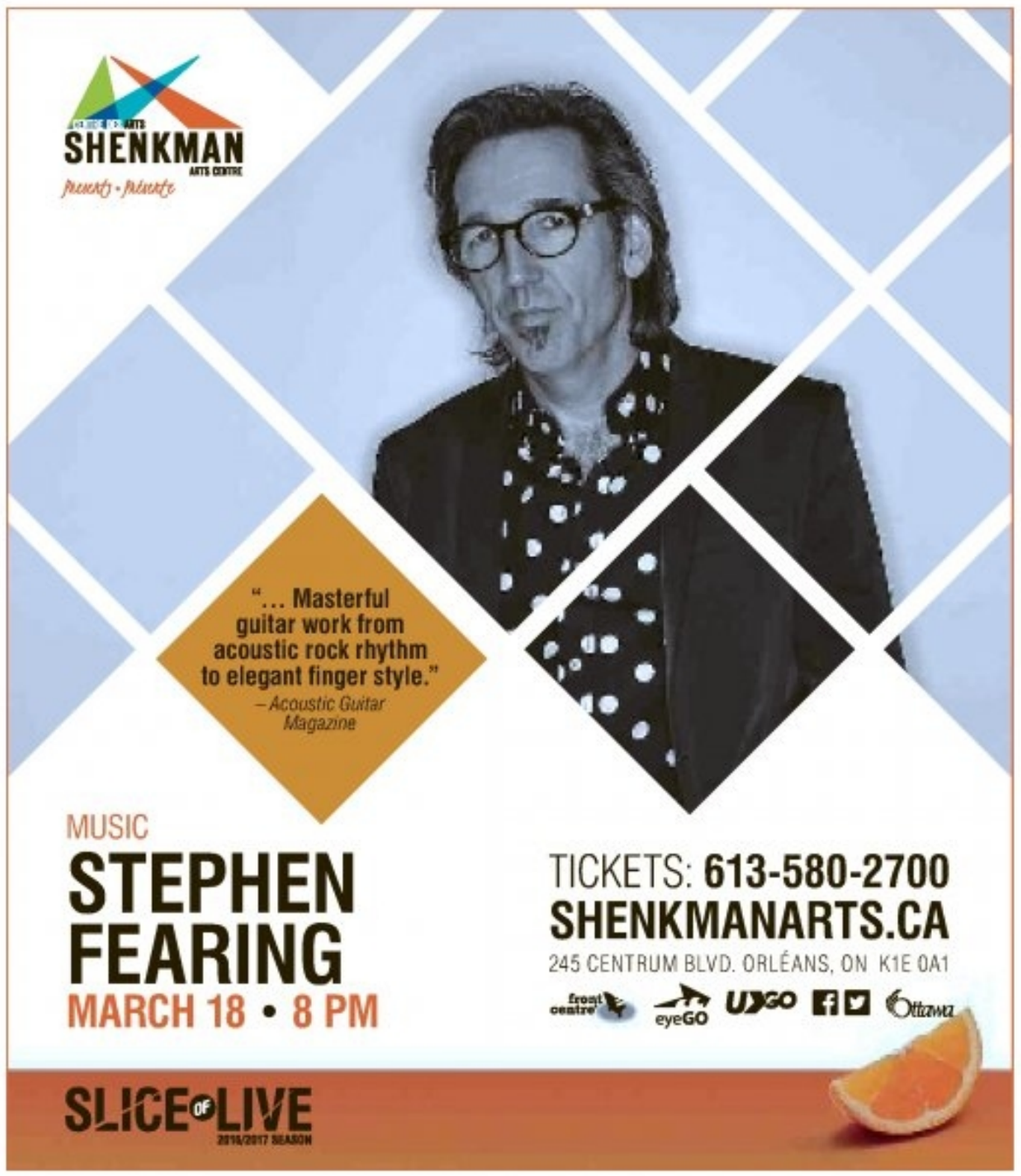
"Wee'git in our culture is a character that teaches you about protocol, about the way we behave, about what we do, and how we related to people. But he teaches you that by breaking all the rules," Robinson said, erupting into her signature, hearty laugh.

"He's a very transgressive character. So his stories are always funny, crazy, and usually quite earthy."

Son of a Trickster is the first in a planned trilogy from Robinson. By the conclusion of the first novel, there appear to be signs that Jared's frayed familial bonds — particularly with his frosty grandmother — could be on the mend.

"The process for forgiving yourself, forgiving other people is challenging, and he's willing to do that and a lot of other people aren't. So, I thought I would explore that in fiction and see where everything went."

THE CANADIAN PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

Good girls deserve better

THE SHOW: Good Girls Revolt, Season 1, Episode 1 (Amazon Prime)
THE MOMENT: Nora quits

Good Girls Revolt is so on the nose that it practically leaves viewers bloodied. CONTRIBUTED

At News of the Week magazine in 1969, young men are writers, and young women are researchers, making them look good. But new researcher Nora Ephron (Grace Gummer) wrote a story, and wants a byline.

"That's not the way we do things here," growls editor Wick McFadden (Jim Belushi).

"Your rules are dumb," Nora says. "If copy's good, it's good." Now the whole room is listening.

"Young lady, you might not want to make waves, lest we have doubts about our decision to hire you," Wick says. "Back to work, dear."

"This is ridiculous," Nora says. "I quit."

"Your name is all you have in journalism. So good luck, Nora Ephron," Wick says. He turns to another researcher. "Get me a cup of coffee, willya?"

This subject is dear to my heart. As a newbie journalist in New York 15 years later, I stood on the shoulders of these women, who risked everything to sue their employers for equal opportunity. So I wanted to love this show.

But it's so on the nose that watching it practically gives you a bloody nose from being repeatedly punched on the nose. Every scene is the same: the women do bold things, the men squash them.

And the dialog! "I'm young. I want to tiptoe through the tulips. I feel like you're putting me in a box," says insurrection leader Patti (Genevieve Angelson, perfectly cast) to her writer boyfriend.

"You're not a reporter, you're a researcher," he replies. "And we had a date." These good girls deserve better.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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MARCH 31 · 7:30PM · TD PLACE

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Why she toned down the torture

INTERVIEW

Chevy Stevens faced criticism for writing violent scenes

Sue Carter
For Metro Canada

Chevy Stevens is hiding in her washroom. If this was a scene from one of her novels, she might be trying to escape a kidnapper, but, in reality, this is the only place Stevens can find a few minutes of quiet for this interview, away from her inquisitive four-year-old daughter.

Being a mother has changed not only Stevens' life, but her approach to writing. Now that the Vancouver Island author has a kid, she's more aware of what she puts down on paper.

"I don't write about a child being hurt now, that's for sure," she says. "I have a phobia that if I wrote something about a child and something happened in my real life, I would be terrified that I brought it. I know — as if I'm godlike, or have that power — but this is a secret hidden fear and superstition."

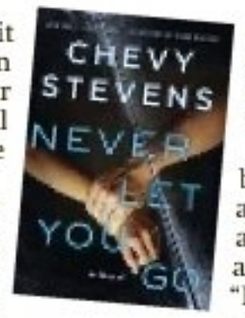
Her latest, Never Let You Go, follows Lindsey Nash, a young mom who escapes in the dead of night from her abusive husband, Andrew. Eleven years later with her life happily re-established, she discovers that Andrew is out of prison, and although legally he must stay away from her and her now-teenage daughter Sophie, Lindsey can't shake the chilling sense she's being watched. The story switches perspectives between Lindsey's growing fears and Sophie's conflicted desire to know her father, with a giant twister of an ending.

Never Let You Go is a departure from Stevens' previous five books, all of which are set on Vancouver Island. For one, there is much less graphic physical violence, something Stevens has never shied away from since her 2010 debut, Still Missing, about a real-estate agent who is tortured in a remote cabin.

Written while Stevens was working as a realtor herself — her books often emerge out of her own fears — she sold her own home so she could focus on writing full-time. The gamble paid off: the manuscript landed Stevens an agent, a three-book publishing deal, and turned her into an international bestselling breakout star.

While Stevens' thrillers have been praised for their gripping, no-apologies storytelling and strong female protagonists, she has occasionally faced criticism over the violence inflicted on them by male characters.

"I think I was in a darker place in my own life. I just didn't want to go there anymore," she says. "I wanted to experiment with how to make something really suspenseful. I wanted to show how someone can keep you constantly scared, even if they're not doing something directly to you. How do I write a really scary book that is about physical violence, but without it being about women being abducted or murdered, or serial killers, or all those typical things?"



Although Never Let You Go is not autobiographical, Stevens admits she was influenced subconsciously by memories of her father, who died when she was 22. Like Andrew, Stevens' dad was an alcoholic, who became violent when drinking.

"He would smash or break things, and he had a lot of problems with anger. But my dad was a great guy," she says. "It's so hard to explain, even in your own mind, I still feel protective when I talk about him sometimes."

In hindsight, Stevens also directly relates to a few scenes between Sophie and Andrew, but says the parallels were unintentional.

"This isn't an agenda book," she says adamantly. "I didn't write it thinking, 'I'm going to sit down and process all these feelings about my father,' but sometimes I would step outside myself and think, 'Holy crap, I've totally been there.'"

However, Stevens did imagine while writing that some day she hopes to enjoy a tight-knit relationship with her offspring, like the one between Lindsey and Sophie.

"It was my way of projecting onto the future," she says. "It is a love story, but it's a mother-daughter love story."

Sue Carter is the editor at Quill & Quire magazine.

Never Let You Go is about domestic abuse, but Chevy Stevens says it's more suspensful and less violent than her previous work.

metro HOME
Your essential daily news

Listed in 2015 for $17M, Jennifer Lopez's Hidden Hills mansion finally sells for $9.9M

MEET THE CONDO

Living on the edge of the downtown core

CONTRIBUTED

Project overview

An 18-unit boutique condo that emphasizes green initiatives by offering free environmentally friendly upgrades such as high efficiency in-suite hydronic furnaces and LED lighting. Construction began in May 2016 and the finished project pairs a highly sought-after location with enviable prices.

Housing amenities

Every suite comes with quartz countertops, custom kitchens with designer cabinetry and hardwood and porcelain tile floors throughout. All units are designed with storage and large windows. Surface Developments allows buyers to custom design their condo layout, creating flexibility and a unique, tailored finish.

Location and transit

On the outskirts of Lebreton Flats, EDGE is close to green spaces and bike paths along the Ottawa River. Chinatown and Little Italy are nearby, offering restaurants, shops and pubs. Bus routes and the upcoming LRT connect residents to the rest of the city, making a car unnecessary.

In the neighbourhood

The area is fairly quiet and highly accessible. Being so close to downtown, the neighbourhood in demand and perfect for people looking for a short commute. While being near Ottawa's core, the location is still distinctly separate, with a vibrant, neighbourly feel. ILANA REIMER/FOR METRO

NEED TO KNOW

What: EDGE Lebreton Flats
Builder/ Designer: Surface Developments
Location: 22 Perkins St.
Building: Condo flats
Model: Bachelor to two bedrooms, 1.5 bathrooms
Sizes: 416 to 816 square feet
Pricing: Starting at $179,900
Status: Now selling
Occupancy: Anytime
Sales centre: 88 Spadina Ave.
Phone: (613) 233-4210
Website: surfacecondos.com

Tim Tebow had his best day with the Mets singling twice and making a diving catch in Wednesday's 6-2 loss to the Marlins

metro SPORTS

Canadians set sights on title with Ducks

MARCH MADNESS

Trio has helped Oregon earn third seed in Midwest Region

Dylan Ennis, centre, and Dillon Brooks led the Oregon Ducks to the Elite Eight last year.
THOMAS BOYD/THE ASSOCIATED PRESS

Before Senior Day tipped off last month at the University of Oregon, Ducks fans stood for O Canada.

The Canadian anthem played that day in support of two of the team's seniors — Dylan Ennis and Chris Boucher. Add in Pac 12 player of the year Dillon Brooks and the trio of Canadians have been the cornerstone this season of one of best teams in NCAA basketball.

"There's a lot of respect for it and you see it around the fans of the teams that have Canadians, they often embrace the Canadian aspect," said Ennis's dad Tony McIntyre, who was in the crowd at Matthew Knight Arena for Senior Day.

It's become a common storyline: Canadians playing key roles down south. And once again, a cast of talented Canadians will follow in the footsteps of the likes of Tristan Thompson, Cory Joseph, Andrew Wiggins and Jamal Murray into March Madness.

"I think it's great, great for basketball in Canada that's for sure," McIntyre said.

McIntyre and wife Suzette Ennis will be in Sacramento on Friday, when the Ducks open against 14th-seeded Iona.

Oregon went 29-5 in the regular season to finish co-champions of the Pac 12. A No. 1 seed in the NCAA tournament last season, they're seeded third in the Midwest Region this year after losing to Arizona in Saturday's Pac 12 final. That game came hours after learning Boucher was done for the season, having torn his ACL the previous night.

Regardless of who's missing, and where they're seeded, Brooks said the Ducks' goal remains unchanged.

DEEP RUN

Oregon is gunning for its first Final Four appearance since 1939.

"National championship," he said. "It's the same tournament, we're all here for the same thing, to win, and wherever we're at we're competitors, we're confident in ourselves, and wherever we're at we're ready to play."

Brooks, a 21-year-old from Mississauga, Ont., led the Ducks to an appearance in the Elite Eight last season. The six-foot-six guard averaged 16.0 a game this season, bouncing back from what could have been a devastating broken foot suffered in the off-season.

"He's just a very high energy, highly active, very skilled scorer," said McIntyre, who worked with Brooks in CIA Bounce, the AAU program he co-founded. "He goes out and changes the pace of the game, does what his team needs, and that's to score and get buckets." THE CANADIAN PRESS

NHL

Anderson to sit at least one more game

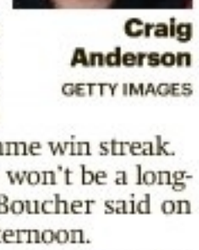
.914

Condon's save percentage in 37 games this season.

The Ottawa Senators will be without No. 1 netminder Craig Anderson for at least another game.

Senators coach Guy Boucher said Anderson would sit out his second straight game Thursday night against the Chicago Blackhawks with an undisclosed ailment.

Mike Condon will start once more after shining Tuesday evening with 35 stops in a 2-1 overtime defeat against the Tampa Bay Lightning which snapped Ottawa's six-game win streak.



Craig Anderson
GETTY IMAGES

"(Anderson) won't be a long-term thing," Boucher said on Wednesday afternoon.

Anderson is listed as a day-to-day, skating and taking shots ahead of practice. He suffered the injury at the end of a Saturday night victory over the Colorado Avalanche — one in which he earned his 147th win with the Senators, setting a franchise record.

Anderson has a .930 save percentage in 30 starts this season, mostly missing time throughout the year to be with his ailing wife Nicholle.

Condon was plucked from Pittsburgh for a fifth round pick in November to help fill the void and he was superb against the Lightning, especially during a third period which saw Ottawa surrender 12 shots and a number of quality scoring chances.
THE CANADIAN PRESS

IN BRIEF

Bakayoko, Monaco get by Man City on away goals

Midfielder Tiemoue Bakayoko's thumping header sent Monaco through to the Champions League quarter-finals as the home side beat Manchester City 3-1 on Wednesday to progress on the away goals rule in another pulsating match between two attack-minded sides.

City had won the first leg 5-3. THE ASSOCIATED PRESS

U.S. women's hockey team taking action over wages

The U.S. women's hockey team is threatening to boycott the world championships because of a wage dispute.

The team announced Wednesday that it will not participate in the International Ice Hockey Federation tournament that begins March 31 in Plymouth, Mich.
THE ASSOCIATED PRESS

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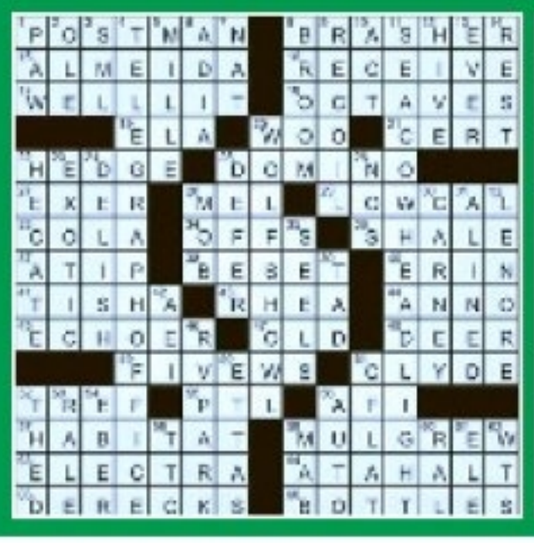

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8	9	4	5	1	2	7	6	3
3	1	2	7	4	6	9	8	5
6	5	7	8	9	3	1	4	2
1	3	9	4	7	8	5	2	6
2	7	8	6	5	9	4	3	1
4	6	5	2	3	1	8	9	7

ACROSS

1. The ____ Never Stops
4. When you have a fling with your wife's friend
5. When she gets pregnant
6. When your wife finds out

DOWN

2. When your wife leaves you
3. And wants half your pub.
4. Weeknights at 7:30 on CBC

·CORONATION ST.·

✷ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Please remember that this is a wonderful year for partnerships for you. It's a great year for Aries to get married. This also includes entering into a business partnership.

Taurus April 21 - May 21
This year is the best year in over a decade for you to get a better job or improve your existing job. Likewise, it's the best year in over a decade to improve your health.

Gemini May 22 - June 21
Plan on fun holidays this year, because this is a great time to take vacations, explore the arts, be active in sports and enjoy playful activities with children.

Cancer June 22 - July 23
It's important to know that this is the year to create your dream home. You can either improve your existing home or get a better home. It's an excellent time for real-estate investments.

Leo July 24 - Aug. 23
You are in such a positive frame of mind this year. You will succeed in whatever you do, because you believe in yourself. This is how the power of positive thinking works!

Virgo Aug. 24 - Sept. 23
Look for ways to boost your earnings, because you can do it. In fact, this is the best year in over a decade for you to make more money. Yahoo!

Libra Sept. 24 - Oct. 23
Lucky you! For the first time since 2005, lucky Jupiter is in your sign. This brings you good fortune and contentment for the whole year. It won't happen again until 2028.

Scorpio Oct. 24 - Nov. 22
This year, different experiences will occur that will enrich your spiritual life. Your belief will be stronger, and this in turn will give you more confidence in your future.

Sagittarius Nov. 23 - Dec. 21
This is a popular year for Sagittarians! However, it's important to know that your interactions with others will benefit you. Join clubs and groups. Be friendly!

Capricorn Dec. 22 - Jan. 20
You can put your name up in lights this year, because your reputation will shine. You will earn the respect of your peers.

Aquarius Jan. 21 - Feb. 19
Not since 2005 have you had the travel opportunities you will have this year. Make plans to go places! It's a great year for school and education as well.

Pisces
Feb. 20 - March 20
This is the perfect year to get a mortgage or loan, because you can benefit from the wealth and resources of others. Financial negotiations will settle in your favour.

CONCEPTIS SUDOKU by Dave Green
Every row, column and box contains 1-9

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	5	9		8				6
	3		7		9			
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MAKE IT TONIGHT

Crispy Sweet Potato Fries

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We think dinner sides should be as important (and as delicious) as the main event. If you're looking for a healthier update on everyone's salty addiction, then these sweet potato fries are your ticket to crispiness.

Ready in 40 minutes
Prep time: 10 minutes
Cook time: 30 minutes
Serves 4

Ingredients
- 3 medium Sweet Potatoes
- 1/4 cup vegetable oil
- 1 Tbsp sugar
- 1 Tbsp salt
- 1 Tbsp Chinese 5-spice

Directions

1. Preheat oven to 450 degrees. Peel and slice sweet potatoes into match sticks. Lay them flat on that cut side and make thin strips. Then turn those strips on their sides and cut into more fine slices. (The skinnier you make them, the crisper they're going to be.)

2. Mix your spices in a large bowl. Pour oil over the spice blend and combine well. Throw in your potatoes and toss until they're completely covered. Lay them out in a single layer on a cookie sheet. Use two sheets if they're looking crowded.

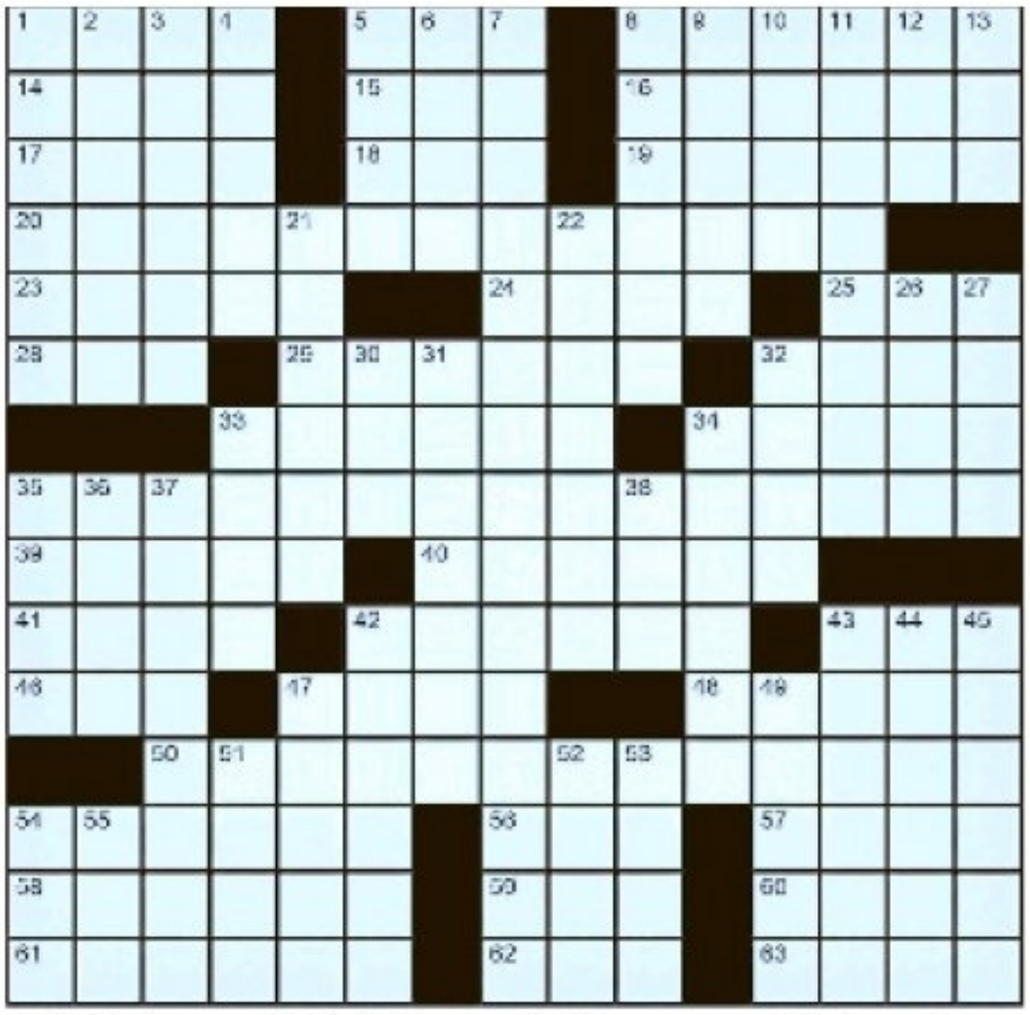
3. Place in a hot oven and bake for 25 to 30 minutes. Take out at the 15-minute mark and turn them over with tongs or a spatula. Keep an eye on them at the end as the edges will char (not that that's a bad thing).

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ANSWERS ONLINE metronews.ca



ACROSS
1. Celebrity
5. Descriptive wd.
8. Novelist Ms. Jong's
14. Barge __ (Intrude)
15. Mr. Rawls
16. Opera: The Three __
17. Literature governess Jane
18. NB's ocean
19. Ms. Sevigny's
20. Moist-soil-liking tree sometimes found in southern Ontario: 3 wds.
23. Country singer Ms. Tucker
24. Single-named Art Deco designer
25. Canadian comic Mr. Green
28. Group of Seven painter Mr. Jackson, et al.
29. Relating to digestion
32. Magic†spell
33. Melon coming from the name of the former name of Turgutlu, a town in Turkey
34. Tom of "The Dukes of Hazzard"
35. Lester B. Pearson won the Nobel Peace Prize for his diplomacy in de-escalating this 1956 dilemma in Egypt: 3 wds.
39. Assuage
40. US Supreme Court Justice Ms. Kagan's
41. Omaha, __,
42. Navy titles, e.g.: 2 wds.
43. Jolly: French
46. Racing's Mr. Fabi
47. Prefix to 'matic'
48. Fashionable accessory
50. Regina's beautiful park: 2 wds.
54. Attribute
56. Post-op locale
57. Norwegian king
58. Make the shower watertight: 2 wds.
59. Switz.'s continent
60. Fork prong
61. Enthusiastic
62. Position
63. __'acte (Intermission)

DOWN
1. Party with a pinata
2. Regardless/nonetheless
3. "Happy Days" star Erin's
4. Foe
5. "There ought to be __ against that!"
6. Shakespearean verb
7. Shakespeare-inspired architectural features: 2 wds.
8. "Yada, Yada...": 2 wds.
9. Till again
10. "To Live and Die __ __" (1985)
11. Stove surfaces
12. "__ you sure?" (Positive?)
13. Initials-sharers of the director of "E.T." (1982)
21. The Pope's office
22. Tested, as a product before going to market, say
26. __, California (The Bionic Woman's hometown)
27. Bons __ (Witticisms)
30. That, in Spain
31. Leon __ (CIA director from 2009 to 2011)
32. Mars, par example
33. Russian ruler
34. Powerfully-toothed tropical fish
35. Filmmaker, Gus Van __
36. Movie beekeeper
37. Sports protection: 2 wds.
38. Montreal-headquartered train co.
42. Aglow
43. Country star Larry
44. Unmitigated
45. By any chance at all: 2 wds.
47. Sean of 'LOTR' movies
49. $100 bill, fun-style
51. Tolkien character, __ the Smith
52. Missed __ (Thespian's mistake)
53. Abrupt
54. "This __ surprise!"
55. Sea: French

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TARION